



health • beauty • comfort • longevity

**S. MICHAEL LODEN, DMD**

• General & Restorative Dentistry •

## Whitening

Before you get started, make sure to floss and then thoroughly brush your teeth.

After removing the cap from the whitening syringe tip, express one “dot” of material in the inside of the tray, on the front side of each tooth.

Seat the tray over your teeth. Gently remove any excess material that may have flowed over the edge of your tray with your finger.

After 1-2 hours, remove the tray. Make sure to remove any excess gel from the tray. Your tray should be removed before eating and/or drinking. Do not smoke with the tray in.

You may repeat this process every other day.

Make sure to keep your trays and your whitening material out of direct sunlight and/or heat.

Do not freeze Whitening material.

Keep both trays and whitening material out of reach of children and pets.

*Please Remember...*

*Teeth are naturally darker along the gum line. These areas may require more time to lighten than the rest of the tooth surface and usually remain slightly darker.*

*There are a small percentage of patients who experience sensitivity with whitening. Should this occur, you may lengthen the time frames between whitening to every 3<sup>rd</sup> or 4<sup>th</sup> night/day.*

*Coffee, tobacco, red wine, dark sodas, and other products may re-stain your teeth over time. Should this occur, your teeth can be re-whitened with whitening material.*

*Regular Dental Examinations and Cleanings are important to maintain your healthy smile.*

*If you have any questions or concerns, please give us a call.*